

REVIEW 12-19

Assess Progress and Build Your Transition Portfolio

TRANSITION OBJECTIVE

Students will evaluate their progress by completing an assessment sheet and reviewing the last eight lessons.

RELEVANCE TO SUCCESSFUL TRANSITION

Evaluation is one of the most important components of the growth process. Self-evaluation is a powerful tool commonly used by highly successful people. Add peer evaluation to this process and growth will compound. The evaluation process here begins with self-evaluation, combines with peer evaluation and ends with a statement of the next step toward a specific growth area.

INSTRUCTIONAL SEQUENCE

□ STEP 1: Update Journal

The impact the last eight lessons has had on me is . . .

□ STEP 2: Convene Roundtable

"Evaluating my progress is important because _____."

□ STEP 3: Advance Organizer

"Today you will evaluate your progress in this class."

□ STEP 4: Activity - 15 Minutes

Please note: The **Assessment & Portfolio Guide** is part of a transition assessment process. In this process, students complete projects to use their new skills and knowledge, then collect samples of their work in a portfolio. This assessment guide also may be used as a formal test or a review of lesson concepts. If needed, make up additional test questions and activities.

Students go over the questions and statements on the handout **Assessment & Portfolio Guide**. For five minutes, have students briefly review the lessons with a partner, then share lesson highlights with the class.

□ STEP 5: Activity - 25 Minutes

Students complete the handout **Assessment & Portfolio Guide** by answering the questions or completing the statement directions. Provide assistance for students who need help with reading or writing. For poor writers, provide a tape recorder, someone to take dictation or a voice-activated device.

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LIFE MANAGEMENT: Unit 1	REVIEW LESSONS 12-19
Assessment & Portfolio Guide	
Lesson 12: Choose to Exercise Regularly for Good Health	☞ How will you include regular exercise in your life?
Lesson 13: Choose a Personal Fitness Plan	☞ Include the Fitness Preferences in your Transition Portfolio.
Lesson 14: Choose Healthy Habits	☞ How can you get enough water and sleep each day?
Lesson 15: Where the SAD Facts?	☞ What advice would you give to someone who was addicted to drugs?
Lesson 16: Learn about Unhealthy Habits to Avoid	☞ What three reasons would you give to someone to keep them from taking drugs?
Lesson 17: Learn How Healthy Habits Affect Employment	☞ As an employer, how would you determine who gets hired?
Lesson 18: Learn about the Dangers of Sexually Transmitted Disease	☞ How can you prevent STDs?
Lesson 19: Develop Your Personal Health Growth Goal	☞ Add your Personal Health Growth Goal Contract to your Transition Portfolio.

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□ STEP 6: Activity - 20 Minutes

Have students share their answers with a partner. Each partner then chooses one thing the other has learned and shares this with the class. For example: Rob and Sue have shared their answers. Sue chooses to share what Rob has learned about using drugs. Sue would say, "The most important thing Rob learned is that drugs can ruin your life." Have all students take a turn sharing one thing their partner has learned.

Have students review the major topics of this unit. Read the quote from the handout **Think about This** and have students write their thoughts about their personal health. Remind

students to add their **Assessment & Portfolio Guide** to their *Transition Portfolio*.

□ STEP 7: Evaluate Outcomes

One way I feel I have grown from these lessons is "_____."

□ STEP 8: Connecting Activity

Students share their most important growth area with a friend or family member.

□ STEP 9: Key Words

See "Key Words" section on page xviii for the "Six Step Process for Better Vocabulary Instruction."

KEY WORDS

preference
insomnia
abuse
cocaine
syphilis

aerobic
replenish
anonymous
heroin
gonorrhea
decision

gymnastics
researchers
amphetamines
STD
growth
personal

caffeine
addiction
barbiturates
herpes
goals
confidential

routine
alcoholism
hallucinogens
HIV
contract

MATERIALS AND PREPARATION

- Student Handout: **Assessment & Portfolio Guide**, page 53; **Think About This**, page 54.
- Prepare a screen image of the handout **Assessment & Portfolio Guide**.
- Prepare to share suggestions with the students.
- Prepare your own areas of growth to share with the class.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Listening, Speaking
- Thinking Skills: Creative Thinking, Decision Making
- Personal Qualities: Responsibility, Sociability, Self-Esteem, Self-Management, Integrity/Honesty

